



Gate 1 closed

Gate 1 is closed for six weeks due to ongoing construction to the gate, Nelson Boulevard and Highway 115. Traffic will be detoured to Gate 2, O Connell Boulevard at Highway 115, during this time.

Military

Train derailment damages more than 40 vehicles en route to National Training Center, Fort Irwin, Calif.

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Off-limits list update

According to the most recent off limits establishments list, signed by Maj. Gen. John M. Riggs, commanding general, the Funktion and Baker Street Complex is no longer off limits to Fort Carson personnel.

Happenings

Bent s Fort, a trad- ing post near Ia Junta served fur traders before Colorado was a state.



Photo by Spc. Bryan Beach
Private First Class Vera L. Jorge, fire support specialist for 3rd Squadron, 3rd Armored Cavalry Regiment, observes shells impacting on target Sept. 17.

3rd Sqdn, 3rd ACR hits the mark again

Spc. Bryan Beach
Mountaineer staff

The earth shook as Paladins, self-propelled 155mm howitzers, from the 3rd Squadron, 3rd Armored Cavalry Regiment fired artillery calibration shots at training sites 16 and 17, Sept. 17 in preparation for the 3rd ACR annual Horse Shoot competition.

The calibration was necessary because some of the powder bags being fired were manu- factured back in the 1960s, said Sgt. Julio C. Samaniego, a 3rd ACR ammo team chief. Being

stored for that long may have affected the quality of the powder s performance. Testing how well the powder performs allows soldiers to create accurate firing formulas for the Paladin s on-board computers.

The testing process is scientific in nature. Everything has to be considered in the process so that the calibrations of the powder can be calculated correctly. Variables like tem- perature, wind speed and direction and baro-

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Commanders



Riggs

“... Legal Assistance Office provides ... services that would cost more than \$100,000 ...”

An important benefit of military service is free legal assistance. Each month the Fort Carson Legal Assistance Office provides active duty and retired military personnel and their family members legal services that would cost more than \$100,000 if purchased on the local economy. With just four attorneys and a support staff of six, this is a remarkable effort on behalf of the Fort Carson community.

The attorneys in the Legal Assistance Office give legal advice on topics such as consumer affairs, landlord/tenant issues, federal and state taxes, estate planning and wills, financial support of family members and divorce. They also assist soldiers with military administrative issues such as reports of survey, evaluation reports and line of duty determinations. A paralegal is available to assist with legal name changes and step-child adoptions. Powers of attorney and notarizations are

also available.

Having your legal affairs in order is one of the many facets of soldier readiness. It is difficult for a soldier to perform at a high level downrange or while deployed if he or she has unresolved legal problems. When a soldier has taken the legal steps necessary to ensure that family members are provided for during an absence, he or she can focus on accomplishing the military mission at hand.

The Legal Assistance Office has implemented three new programs that will enhance legal readiness, and help ensure that the Mountain Post is ready to perform its power projection mission. First, an entire day every week has been dedicated to drafting and signing wills. Under this program, a soldier can have a will written, signed and delivered on-the-spot. I congratulate those units that have already taken advantage of this program to prepare for upcoming deployments.

Second, the Legal Assistance Office has set aside each Monday and Friday afternoon for walk-in clients. No appointment is necessary. Under this program, a soldier who has a legal problem arise unexpectedly, can get help from an attorney before the problem gets any worse. This program has also meant a significant increase in the number of soldiers and family members the Legal Assistance Office is

able to help.

Third, the Legal Assistance Office has developed a consumer complaint file system. This system acts as a clearinghouse for consumer complaints from the Fort Carson community, and allows easy identification of a business or landlord that accumulates several complaints. With this system, we can better resolve recurring problems with these companies. I encourage anyone who has such a complaint to inform the Legal Assistance Office so it can be filed.

I applaud the chief of Legal Assistance, Capt. Chris Desimone, and his dedicated staff for implementing these new programs. It is obvious that they know the true meaning of customer service. Their commitment to improving soldier readiness enhances Fort Carson's ability to provide forces that are fit to fight and win. On behalf of the entire Mountain Post community, thanks for your outstanding efforts. You make a difference.

Don't put yourself in a position where your legal affairs can affect your ability to perform your military mission. Take advantage of an important benefit of your military service and use the Legal Assistance Office to obtain free advice on how to best handle potential problems before they occur. If you already have a legal problem, don't make it worse by ignoring

Sound Off!

In what way has the Legal Assistance Office helped you?



Air Force Capt. Chester Teel

As a supervisor, they have helped answer legal questions regarding UCMJ.



1st Sgt. (Ret.) Grady Harris, U.S. Army

I always called them for advice on how to deal with problems I had with my soldiers.



Air Force Senior Airman Pete Graupp

Actually, I have an appointment Friday (today) for legal advice on a contract.



Sgt. James Trimble
2nd Sqdn., 3rd ACR

They gave me advice concerning my divorce and getting custody of my daughter.

Mountain Post Team MVP

Retired Enlisted Association, Chapter 1 Auxiliary

This week's MVP is the Retired Enlisted Association, Chapter 1 Auxiliary that has contributed more than \$48,809.61 to charitable organizations and community projects from the months of May through September. Some of the recipients of the donations were the American Heart Association, Florence Veterans Nursing Home, United Services Organization Pikes Peak Region and the Fort Carson Soldiers Memorial Chapel. The associ-

ation has also provided scholarships in the amount of \$1500 to nine students. The recipients were: Amy Lynn Ager (Hastings College); Aaron J. Hinson (Western State College); Nathaniel Lewis (Seattle University); Adam Conan Lortz (University of Northern Colorado); Rani M. Maez (University of Northern Colorado); Raychel Mary Maez (University of Colorado, Colorado Springs); Daniel Orban (Oklahoma State University); Curtis Sorensen

This feature in the Mountaineer will spotlight a soldier, Department of the Army civilian, retiree, family member or volunteer each week for an outstanding act or performance. We need nominations to run this feature every week. Each week, the MVP will be selected from nominations from the Fort Carson community. Nominations should include the person's full name, rank or title, what they did that resulted in the nomination and a phone number where they can be reached. The deadline for nominations is 3 p.m. Thursday for the following week's Mountaineer. Nominations can be faxed to 526-1021 or mailed to:

Mountaineer
Public Affairs Office, Building 1430
Fort Carson, CO 80913-5000.
For more information, call 526-4144.

MOUNTAINEER

Commanding General:
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Douglas M. Rule
NCOIC/Editor:
Staff Sgt. Rick Emert
Community Editor:
Pfc. Socorro A. Spooner
Military Editor:
Spc. Bryan Beach
Happenings Editor:
Nel Lampe
Sports Editor:
Walt Johnson
Graphics Designer/Typesetter:
Sandra Marin

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Mountain Post gets ready for new post car wash

by Pfc. Socorro A. Spooner
Mountaineer staff

The first Morale, Welfare and Recreation Public-Private venture project in the entire Army has found a home at Fort Carson. The pilot program has allowed a private investor to come onto the Mountain post and invest their money into a new carwashing facility.

The new Mountain Post Car Wash, a nine-bay car wash, is something the post has been looking to build for quite a while, said Jerry Jones, chief of Development, Directorate of Community Activities.

(The current carwash) is too small for the population it is serving, said Jones. We want to take care of soldiers, families and the community by providing a better car wash.

The car wash is being built at no cost to Fort Carson and is expected to be a great addition to the facilities available on post,

said Jones. The new car wash will offer six self-service bays, one touchless automatic bay, nine vacuums, three carpet/upholstery shampoo stations, three air-fragrance machines. As well as vending machines offering carwash items, a bill changer, a chamois wringer with warm water, an air machine, heated floors for winter safety, and an Automated Teller Machine, he said.

The facility is being constructed and designed by Dick Wells owner of the Hi-Performance Wash, Inc. in Denver. Wells is looking forward to the opening of the facility in early February.

We are trying to provide an easy-access facility for our customers, said Wells. You will not find any facility in this area that will come close (to the new car wash), said Wells.

Not only is the car wash offering an efficient way to wash vehicles it is also going to bring in



Photo by Pfc. Socorro Spooner

Colonel Michael Kazmierski, garrison commander, takes part in the ground breaking ceremony of the new post car wash. Inset: Maj. Gen. John M. Riggs welcomes Dick Wells as a partner of the post.

some part-time jobs for the community, said Wells. It will also provide more washing time for your money as well as discount tokens for car washing, he said.

The money made from the facility will not only profit the owner, but Fort Carson will also

Train derailment damages more than 40 vehicles

by Pfc. Adam Thornton
14th Public Affairs Detachment

A Burlington Northern train transporting equipment belonging to Fort Carson's 3rd Armored Cavalry Regiment derailed near Las Vegas, N.M., in the early morning hours Sunday while heading to the National Training Center at Fort Irwin, Calif.

Fifty-four of the 90 cars derailed with several overturning in a gorge. Evaluations indicated that as many as 31 M-113 Armored Personnel Carriers, three M917 5-ton trucks, two Humvees, three Bradley Fighting Vehicles and a radar truck. There were no deaths or injuries of railroad personnel. There were no soldiers on board the train at the time of the accident.

The equipment damaged in the accident was part of 2nd

Squadron, 3rd ACR.

Upon notice of the derailment, 3rd ACR unit commanders gathered to plan the return of the damaged equipment back to Fort Carson.

Commanders also coordinated the transfer of equipment from 1st and 3rd Squadrons in order to fill the void of the equipment lost from 2nd Squadron.

This can be a devastating event, but it's not, said Col. Christopher L. Baggott, commander, 3rd ACR.

The derailment has not had a major negative impact because of the collective efforts made to quickly resolve the issue of damaged and unserviceable equipment, said Baggott.

Things like this happen. The test of the organization is how they handle it, he said.



Vehicles damaged in the derailment are taken to the 2nd Squadron, 3rd Armored Cavalry Regiment motor pool for evaluation.

Community

Cub Scouts clean, learn about nature

by Pfc. Socorro A. Spooner
Mountaineer staff

More than 10 Cub Scouts and den leaders cleaned up Womack Lake off Route 4 downrange Sept. 19.

The dens involved were Bear Den 1 and Wolf Den 2 from Pack 264. The Cubs began at 1 p.m. picking up loose trash around and in the lake as well as take part in nature classes.

They were all very enthusiastic during the cleanup and the classes, said Staff Sgt. Jeff Percival, 3rd Battalion, 29th Field Artillery, Charlie Company, Bear Den 1 leader.

We try to make everything a fun and learning experience for the boys, said Percival.

Once the Cubs finished the lake cleanup, they took part in nature classes, said Percival.

One of the things the Cubs learned was the ways animals live and survive in nature, he said.

We used red, blue, green, yellow and unpainted sticks of wood to show how animals colors determine their survival in nature by scattering them near the lake, said Percival.

The second class taught was on how a predator hunts its prey, he said. The den leaders demonstrated this by blindfolding a person sitting in a chair and giving them a water gun to shoot if they heard a predator approaching.

The Cubs had a lot of fun trying to sneak up like a predator would, said Percival. The classes were educational for the Cubs, he said.

This was the first time these two dens had teamed up to clean



Photo by Staff Sgt. Jeff Percival

Cubs get a briefing before beginning the lake clean-up portion of the day.

the lake. The two dens were made up of 7 and 8 year-old boys. The whole event was three weeks in the making, said Percival.

The next projects for the Cubs are the annual popcorn sales during the month of October and a seasonal canned food drive during the months of

November and December.

The Cubs popcorn can be purchased directly from a Cub or at the Post Exchange Oct. 3, 10 and 17. Popcorn flavors include plain, caramel and chocolate for the cost of \$6 to \$15. The November/ December food drive will provide canned food for the Little House of the Rockies.

Wildlife around Fort Carson

by Steve West
Directorate of Environmental Compliance
and Management

Bears, lions and coyotes are just a few of the many wild animals that make up the diverse wildlife population here on the Mountain Post. For many folks, a mere glimpse of any type of wildlife can become an experience of a lifetime. The statuesque form of a mule deer in the woods; bugling elk during the September rutting season; or a shadowlike whisper of a mountain lion easing through the oak brush are each possible on Fort Carson.

The Directorate of Environmental Compliance and Management, Natural Resources Wildlife Team would like to make mention of the fact that many types of wildlife inhabit Fort Carson and the surrounding area and may be encountered at any time. These are wild animals that do not want to be your friend and should be respected.



Incidents are few but there are close encounters annually. Should you be lucky enough to come into contact with any wild

species, stop for a second and review some common sense questions. Why is this animal here? Could it be sick? Can I view it from a safe distance, and not make it feel trapped? Trapped animals can be very dangerous and may even injure you while trying to escape.

Should you come into contact with a bear or a mountain lion, be careful. Face the animal, and avoid making direct eye contact. Open your shirt or coat, make yourself appear larger than normal. Most importantly, do not run from the animal. Back away slowly until you feel safe, then leave the area. It may be a good idea to report the encounter to the Fort Carson Wildlife Office.

Remember, do not feed wildlife. First of all, it is against Colorado's wildlife laws; secondly, it is very dangerous to do so. Don't leave dog food or scraps outside. Make sure your trash is secured in a fashion that stray dogs and wildlife will not get into.

If you have any questions concerning

3rd ACR soldiers learn about Regimental history

by Pfc. Socorro A. Spooner
Mountaineer staff

Two cavalry soldiers were given the opportunity to attend the 51st Anniversary of the 3rd Cavalry Group Sept. 5 and 6 in Chicago.

Corporal Jonathan Lamore, Support Squadron, 3rd Armored Cavalry Regiment, non commissioned officer of the quarter, and Spc. Jacob Malsack, 3rd Squadron, 3rd ACR, Heavy Tank Troop, soldier of the quarter said they were honored to be rewarded with the opportunity to attend the conference.

The veterans were open and friendly with the soldiers and were eager to hear about what the unit is currently doing, according to

Malsack. They wanted to compare how the soldiers of 50 years ago compare to the soldiers in the regiment today, he said.

I gained insight from former soldiers on how combat deployments were 50 years ago, said Lamore.

The vets wanted to know everything about the regiment and told many stories about their time in service, said Malsack.

It made us realize the big shoes all of us are feeling, he said.

To see their eyes when they looked at the regimental colors was moving, said Malsack.

The pride and camaraderie among them throughout the conference was overwhelming, he



Photo by Paul Martin

Bob Hedstrom, center, discusses a Nazi flag which he captured in Lansbadi, Germany, with other veterans. The flag was donated to 3rd Armored Cavalry Regiment Cavalry Museum.

said.

The entire experience was ... overwhelming, said Sgt. Maj. Timothy Steiner, 3rd ACR command sergeant major.

The vets have a real concern for the soldiers of today, said Steiner. They have a real love for the regiment, he said.

If given the opportunity, I'd go back, said Lamore.

This is why the two soldiers were rewarded with the trip, said Col. Christopher Baggott, 3rd ACR commander. These vets offer a great history for the soldiers that

The history about trans-fatty acids

by Lt. Shani Byrd
United States Air Force

Recent studies are linking the consumption of trans-fatty acids with higher risk of cardiovascular disease, as well as some forms of cancer. However, many consumers don't know what trans-fatty acids are, what foods contain them, and how they can affect our health. How is a consumer to know which fats to eat and which to avoid?

What is a trans-fatty acid?

Fatty acids are the building blocks of fats just as amino acids are the building blocks of protein. Fatty acids are made up of carbon and hydrogen bonds. Certain fatty acids contain double carbon/carbon bonds, and when this happens, their structure can exist in two configurations, cis and trans, depending on where the hydrogen atoms lie.

Trans-fatty acids occur naturally in some foods, including meat and dairy products. However, most trans-fatty acids are formed when food manufacturers add hydrogen to liq-

uid oil to make it into a more solid substance, like margarine and solid vegetable shortening. Trans-fatty acids can also be found in baked goods, cookies, snack chips, or any other product that may contain the solid vegetable oil sources.

Are trans-fatty acids dangerous to my health?

For years, the focus on dietary changes to help prevent and treat cardiovascular disease has been to lower the amount of fat, specifically saturated fat, in the diet. Saturated fats are those that are solid at room temperature, and include butter, cheese and the fats in meat and poultry.

However the research is suggesting that although trans-fatty acids do not increase cholesterol levels as much as saturated fats, the trans-fats may behave much like saturated fats in raising blood cholesterol and low-density lipoprotein levels. New studies are being conducted which may show a link between trans-

fatty acid consumption and certain kinds of cancers as well. The problem, researchers say, is determining just how much of the trans-fatty acid people consume. The lack of a complete database for trans-fatty acids are not listed on food labels, so it's difficult for consumers to know how much they're getting. However, it has been estimated that of the total fat consumed by typical Americans, only 2 to 3 percent are comprised of trans-fatty acids.

Should I change the way I eat?

It is well known that excessive fat in the diet can lead to many health problems, including obesity, cardiovascular disease and diabetes. Research on specific types of fats including trans-fatty acids, is limited. But a diet lower in fat could help reduce the risk of many diseases.

Saturated fats like butter, cream and cheese are the most harmful, and these should be limited in the diet. To limit trans-fatty acids in the diet, try to limit the use of particu-

Ole

Folklorico dancers perform traditional dances from Mexico at the Hispanic Heritage celebration, Sept. 17 at the Post Field House. This year's theme was "Hispanics: Shaping the Future." The celebration featured music, booths and dances from different Hispanic cultures. There was authentic hispanic dishes to taste from Puerto Rico, Mexico, Panama and Peru. Some of the cultural dances represented Veracruz, Chiapas, Jalisco, Sinoloa, and Polka Nortena regions of Mexico.



Photo by Pfc. Socorro A. Spooner

Soldiers compete in ‘Battle of Bands’

by Nel Lampe
Mountaineer staff

A local band, New G led by a Fort Carson soldier, has made the Battle of Bands competition held at Fort Stewart, Ga. Twelve bands with connections to the Army were selected from bands throughout the world for the honor.

New G is at Fort Stewart through Sept. 27. The bands will be judged during public performances today and Saturday, after spending several days in rehearsal.

New G, led by Staff Sgt. Steve Carson, of U.S. Army Garrison, Headquarters and Headquarters Company, plays a variety of music, including jazz, blues and rhythm and blues. He first got a band together in 1993, and, with several changes in personnel over the years, is still going. The group plays two or three gigs per week, mostly in the Colorado Springs and Denver area.

Carson is lead vocalist and percussionist. He's been singing since he could talk, he said. He was always singing nursery rhymes, jingles and ditties. He sang in church choirs and glee clubs, and, at age 17, started his own band.

Carson also sings with Harmony in

Motion. He's the one who sings God Bless the U.S.A. at post ceremonies.

Carson is thrilled with the opportunity for the band to compete at the Battle of Bands.

It is a great opportunity to have some exposure.

Other members of the band include keyboard player Staff Sgt. Marquis Williams, 4th Replacement; Staff Sgt. Dennis Hamer, U.S. Army Recruiting on guitar; Tech. Sgt. Mike Harris, a member of the Air Force at Cheyenne Mountain Air Station plays the drums; and Zach Ruffin, a post family member, is on bass guitar.

Another band member, Derrick Johnson, who usually plays keyboard, is unable to compete with the band at the competition because he has no military affiliation.

Williams, who also performs with Harmony in Motion, said he considers it an honor to be in the band and have the opportunity to compete in the Battle of Bands.



Photo by Nel Lampe

“New ‘G’” performs a sound check after setting up for a wedding reception at the 3 5 7 Club in Colorado Springs.

Cash awards will be given to the Morale, Welfare and Recreation Fund at the winning band's installation. The overall winning band's installation MWR receives \$8,000. The top band in each category—rock, country, jazz, Latin and R & B—receives \$2,500 for their

Chapel

Protestant Sunday School at Soldiers Memorial Chapel will be conducted each Sunday at 9:30 a.m. at the chapel.

An account has been established to receive donations toward the replacement of sanctuary furnishings destroyed during the January fire at Soldiers Memorial Chapel. Send checks or money orders to the chapel or the Installation Chaplain's Office.

Religious Education Classes need volunteers to serve as teachers and assistants in the Protestant and Catholic Religious Education Programs. If interested, call Miki Feldman at 526-0478.

Protestant women of the Chapel will meet every Tuesday at Soldiers Memorial Chapel from 9 to 11:30 a.m. and 7 p.m. Child care is available for both groups. For more information, call Jennifer Wake at 540-9157 or Nancy Beach at 576-4471.

Chapel Schedule

ROMAN CATHOLIC

Chapel	Service	Day	Time	Location	Contact Person
Healer	Mass	Sunday	11 a.m.	Evans Army Hospital	Fr. Gagliardo/526-7386
Healer	Mass	M - W-F	11:45 a.m.	Evans Army Hospital	Fr. Gagliardo/526-7386
Provider	Mass	Sunday	12:15 p.m.	Barkeley & Ellis	Chap. Cavanaugh/526-5769
Soldiers	CCD	Sunday	10:45 a.m.	Nelson & Martinez	Ms. Feldman/526-0478
McMahon	Mass	Sunday	9:30 a.m.	Bldg. 1517	Chap. Cavanaugh/526-5769
Veterans	Mass	Sunday	8 a.m.	Magrath & Tins	Chap. Cavanaugh/526-5769

Changes in worship services due to the fire at Soldiers Memorial Chapel are denoted in bold type.

LITURGICAL

Provider	Liturgical	Sunday	10:30 a.m.	Barkeley & Ellis	Chap. Brock/526-1473
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PROTESTANT

Healer	Protestant	Sunday	9 a.m.	Evans Army Hospital	Chap. Tarvin/526-7387
Prussman	Prot/Samoan	Sunday	8 a.m.	Barkeley & Ellis	Chap. Hamrick/526-4206
Provider	Sun. School	Sunday	10:15 a.m.	Barkeley & Ellis	Chap. Duvall/526-4416
Provider	Protestant	Sunday	9 a.m.	Barkeley & Ellis	Chap. Stephen/526-4416
Prussman	Sun. School	Sunday	9:30 a.m.	Barkeley & Prussman	Chap. Giles/526-4206
Prussman	Prot/Gospel	Sunday	11 a.m.	Barkeley & Prussman	Chap. Giles/526-4206
Soldiers	Sun. School	Sunday	9:30 a.m.	Nelson & Martinez	Dr. Scheck/526-5626
McMahon	Protestant	Sunday	11 a.m.	Bldg. 1517	Chap. Cooper/526-8011
Veterans	Protestant	Sunday	9:30 a.m.	Magrath & Tins	Chap. J. Hartranft/524-1822
Veterans	Protestant	Sunday	11 a.m.	Magrath & Tins	Chap. Simo/526-8890

For additional information contact the Installation Chaplain's Office, Bldg. 6227, at 526-5209. For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636. Normally, free child care is available for infants and preschool age children during on-post worship services. Some worship services offer a children's church for ages 6 to 12.

Daily Bible Readings

In order to assist in regular scripture reading, the following scriptures are recommended. These are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

- Saturday, Psalms 110 & Jeremiah 16-18
- Sunday, Psalms 111 & Jeremiah 19-22
- Monday, Psalms 112 & Jeremiah 23-25
- Tuesday, Psalms 113 & Jeremiah 26-28
- Wednesday, 1 Chronicles 29: 10-13 & Jeremiah 29-31
- Thursday, Jonah 2: 2-9 & Jeremiah 32-34

Chaplain s Corner

Commentary by
Chap. (Maj.) Franklin L. Jackson

Recently, I read a story of a forgotten hero of the 60s. He was known as Luis the Conceited. He was a bullfighter in Spain. Unfortunately, his popularity had dwindled to the extent that few people would attend his fights. However, he devised a plan that was sure to wow the public and restore his future as a bullfighter. He decided to parachute into the arena and fight the bull as he

landed.

The appointed day came. Sure enough, the crowd filled the stadium. There was a band playing, and people were cheering Luis daring.

The plane flew over the stadium and Luis jumped out. The parachute billowed open as Luis descended to his adoring public and his appointment with fame.

Unfortunately, the wind picked up and Luis, being the novice he was at skydiving, was unable to

control his descent. Instead of landing in the arena to the shouts of the adoring fans, Luis landed atop the town s garbage dump.

Life is like that sometimes. We make great plans for ourselves but something goes wrong, and instead of accomplishing the goal, there is embarrassment, frustration and disillusionment. However, I want to encourage you not to give up or become cynical and bitter. If your best-laid plans have ended up in ruin, I want to give

you a word of encouragement and hope.

God cares deeply about us and encourages us to seek his guidance as we determine the direction of our lives. Jeremiah 33:3 states: Call to me and I will answer you and tell you great and mighty things you do not know. Also, in John 17: 11-21, Jesus prays that God would grant us joy, protection from evil and provide purpose for our existence.

It is true. Sometimes life isn t

Where and When

Directorate of Community Activities
facilities

Physical fitness centers/swimming pools

Garcia PFC
M-F 6:30 a.m.-10 p.m./weekends and holidays 10 a.m.-5 p.m.
McKibben PFC
M-F 6:30 a.m.-10 p.m./weekends and holidays 6 a.m.-1 p.m.
Waller PFC
M-F 6:30 a.m.-10 p.m./weekends and holidays 3-10 p.m.
Mountain Post PFC
M, T, W, F 6:30-9:30 a.m. (Open for after-PT showers only)
Forrest FC
M-F 5:30 a.m.-10 p.m./weekends and holidays closed
Post Field House
M-F 6:30 a.m.-10 p.m./weekends and holidays closed
Indoor Swimming Pool
M-F 6:30 a.m.-9:30 p.m. (lap swimming from 6:30-8:30 a.m./open swimming from noon-10 p.m.)/weekends and holi-
days, closed
Outdoor Swimming Pool closed

Miscellaneous

Grant Library, building 1528, ph: 526-2350
M-Th 11 a.m.-8 p.m./Fri. 11 a.m.-4 p.m./Sat. and Sun. 10 a.m.-6 p.m.
Multi-Craft/AutoCraft/WoodCraft Centers
W ,Th. and F 1-8:30 p.m./weekends and holidays 9 a.m.-4:30 p.m./Mon. and Tues. closed
Community Thrift Shop, building 1341, ph: 526-5966
T, W,Th. 10:30 a.m.-2:30 p.m./ Fri. through Mon. closed
Turkey Creek Recreation Area, ph: 526-3905
W -F 10 a.m.-3:30 p.m./Sat. and Sun. 10:30 a.m.- 4 p.m./Office hours: W -Sun. 8 a.m.-4:30 p.m.
Information Tour & Travel, building 1532, ph: 526-5366
M-F 9 a.m.-6 p.m./Sat. 9 a.m.-1 p.m./closed Sun. and holidays
Carlson Wagonlit Travel, building 1532, ph: 576-5404
M, Th, W, F 9 a.m.-6 p.m./Tues. 9 a.m.-5 p.m./weekends and holidays closed
Outdoor Recreation Complex, building 2429, ph: 526-2083
M-Sun. 10 a.m.-5:30 p.m./holidays 10 a.m.-4 p.m.
Pueblo Deli (Elkhorn), building 7300, ph: 576-6646
M-F 11 a.m.-1:30 p.m./closed weekends and holidays
Fatz Pool and Darts, building 1129, ph: 526-4693
T-Th 11:30 a.m.-midnight/F-Sat. 11 a.m.-2 a.m./Sun. 1 p.m.-mid-
night/Mon. closed
Decades Niteclub
W ed. 5 p.m.-12:30 a.m., Th. 3 p.m.-2 a.m./Fri. 4 p.m.-2 a.m./Sat. 7:30 p.m.-2 a.m./Sun. 4:30 p.m.-12:30 a.m./Mon. & Tues. closed
The Bowling Center, building 1511, ph: 526-5542
Sun.-Th. 11 a.m.-11 p.m./Fri &Sat. 11 a.m.-1 a.m.
Cheyenne Shadows Golf Course, ph: 526-4122
M-Sun. 6 a.m.-7:30 p.m.
Youth Center
M-Th. 3-8 p.m./Fri. 3-9 p.m./Sat. 1-9 p.m. closed Sun. & holi-
days

Army and Air Force Exchange Service
facilities

Barber/Beauty Shops

Ivy Troop Store Barber Shop, building 2355
M-F 7:30 a.m.-4 p.m./weekends and holidays, closed
Prussman Troop Store Barber Shop
M-F 7:30 a.m.-4 p.m./weekends and holidays, closed
Barber Shop, building 1161
M-F 7:30 a.m.-4p.m./weekends and holidays closed
Evans Beauty Shop, building 7500 ph: 540-0462
M-F 9 a.m.-5 p.m./weekends and holidays closed
Post HQ Barber Shop, building 1430



Photo by Pfc. Socorro A. Spooner

Youth Services Center

Parents stop by the center to pick up their children after school.

Mon. only 7:30 a.m.-4 p.m. (closed holidays but open next busi-
ness day)
Welcome Center Barber Shop, building 1218
Mon. and Th. only 7:30 a.m.-4 p.m.
Main Store Mall Barber and Beauty Shops, building 6110,
ph: 576-6459
M-Sat. 9 a.m.-7 p.m./Sun. and holidays, 10 a.m.-6 p.m.
Mini Mall Barber Shop, building 1510, ph: 576-8013
M-F 7 a.m.-6 p.m./Sat. 8 a.m.-6 p.m./Sun. 10 a.m.-5 p.m.
closed holidays
Shoppettes/service stations
B Street Shopette, building 900
M-F 5 a.m.-midnight/weekends 6 a.m.-midnight
Service Station, building 1515
M-F 6 a.m.-7 p.m./Sat. 8 a.m.-6 p.m./Sun. 10 a.m.-4 p.m.
Alterations
Military Clothing Sales Store, building 307, ph: 576-4516
M-F 9 a.m.-6 p.m./Sat. 9 a.m.-3 p.m./closed Sun. and holidays
Mini-Mall, building 1510, ph: 576-4304
M-Sat. 9 a.m.- 6 p.m./Sun. 10 a.m.-5 p.m./closed holidays
Miscellaneous
Burger King (Specker), building 1520

M-F 6 a.m.-9 p.m.(drive thru until 10 p.m.)/Sat. 7 a.m.-9 p.m.
(drive thru until 10 p.m.)/Sun. 8 a.m.-9 p.m.
Kentucky Fried Chicken, building 1533, ph: 579-8237
M-Sun. 10:30 a.m.-10 p.m.
Class 6, building 1524
M-Sat. 9 a.m.-9 p.m./Sun. 11 a.m.-5 p.m.
Class 6 Annex, building 3572
M-Sat. 10 a.m.-7 p.m./closed Sun.
Laundromat, building 6089
M-Sun. 7 a.m.-10 p.m.
Car rental, building 980, ph: 527-4744
M-F 7:30 a.m.-6 p.m./Sat. 9 a.m.-2 p.m./closed Sun.
TV Repair/UHaul, building 1008, ph: 579-9344
M-F 10 a.m.-5:30 p.m./Sat. 8 a.m.-noon/ closed Sun. and holi-
days
Sprint Office, ph: 579-7463
M-F 9 a.m.-6 p.m./Sat. 10 a.m.-2 p.m./closed Sun. and holidays
Main Store Mall, building 6110
M-Sat. 9 a.m.-7 p.m./Sun. and holidays 10 a.m.-6 p.m. (Flower
Shop, Vitamin Expo, Optical Shop and AT&T Kiosk)
Main Store Mall Espresso Cart
M-F 8 a.m.-3 p.m./Sat. and Sun. 8 a.m.-4 p.m./closed holidays
Mini Mall, building 1510

Military

59th MP Company heads for

by Spc. Bryan Beach
Mountaineer staff

As the bright Sunday morning sun shone outside, inside soldiers and their families stood with their heads bowed. A baby cried and was quickly shushed. Children tried to wrestle free of their parents' grip, to run through the crowd where there were a lot more interesting things to see and hear than the chaplain's gentle, praying voice.

First impression might have led someone to think this was a normal Sunday church meeting, however, for these families this was anything but a normal day.

That Sunday, some of these soldiers would leave their friends and families for the next six months to become part of the National Support Element in support of the United Nations Forces assigned to Bosnia.

I think the soldiers were excited to go, said Capt. Marcel G. Algernon, 759th MP Battalion chaplain, who gave the invocation



Photo by Spc. Bryan Beach

Soldiers from the 59th Military Police Company "load up" for their journey to the Bosnia region in support of U.N. forces already there.

and benediction at the departure ceremony.

The ceremony was held at the Post Physical Fitness Center at 8:30 a.m. for the 59th Military Police Company. Coloring books were handed out to children, and refreshments were served.

Many of the small children, oblivious to the significance of the

event, explored the fantastic goings on with enthusiasm and innocent curiosity. In and out of the crowd they maneuvered, smiling guilefully when they caught someone's attention. Patriotic music filled the air and helped set the mood.

They are well trained soldiers, said Algernon. I have con-

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ACR

From Page 1

Staff Sgt. Dan Antolini, from the 169th Colorado National Guard meteorological support. Antolini is on temporary active duty to assist artillery units here with testing.

Firing artillery is a complicated process. The three components of the artillery round the shell, the powder and the primer are separate parts and each is loaded individually.

Everything from the amount of powder used to weather conditions could affect the accuracy and range of the cannon, said Pvt. Steve Miller, a number one cannoneer for the 3rd ACR.

We have been very lucky, says Staff Sgt. Joe Crenshaw, maintenance shop foreman, 3rd ACR. We have had really good vehicle performance. Crenshaw attributes preventative maintenance for the few problems.

"We haven't had any major injuries out here," said Sgt. Joel Gadia, Headquarters, Headquarters Troop medic. "We had one accident and our quick response helped get the soldier treated."

We've been shooting well today, said Pfc. Justin J. Birmingham, fire support specialist for the 3rd ACR. We worked out a lot of the kinks yesterday,



Private First Class Rufus T. Irick, left, and Pfc. Justin J. Birmingham, fire support specialists, 3rd ACR, watch the target in the valley below.



An M109A6 Self-propelled Howitzer, officially named the Paladin, of the 3rd Squadron, 3rd ACR fires calibration shots in preparation for the annual competition. The Paladin is an improved version of the M109 155mm self-propelled howitzer first used in the early 1960's. INSERT: After several cali-



h as rounds hit



Private First Class Douglas Thomas, carrying shell, and Pvt. Barrett Clinton, ammo handlers for 3rd ACR, carry 155 mm artillery shells to a Paladin from the field artillery ammo support vehicle.



al "Horse Shoot" in which several squadrons from the 3rd ACR will
bration shots, the combined efforts of all paid off with a direct hit.



Private First Class Robert E. Rosenberg, 3rd ACR, studies a target map from inside a Fire Support Team Vehicle at observation site 5.

Murphy awarded NCO of



Murphy

Spc. Bryan Beach
Mountaineer staff
Staff Sgt. Patrick
Murphy of the 59th
Military Police
Company won Fort
Carson's
Noncommissioned
Officer of the year for
fiscal 1998, Sept. 16.
However, he won't
have much time to
enjoy the honors ... he
left for Bosnia Sunday.

The competition included three other NCO candidates and took two and a-half hours to complete at post headquarters.

It felt good to win. There is always a couple of questions that leave you feeling uncertain of yourself, said Murphy. You're like, was that the right answer? But the test is more than being right or wrong. If it were just that, then there would be a simple paper test. It's more than that. It's designed to hit you unprepared to see how you handle it.

The board is not stressful, getting shot at now that's stressful. You break things down into chunks you can deal with. My wife is being

taken care of while I'm in Bosnia, so that stress is gone. And Bosnia I'll worry about when I get there. You have to deal with stresses one at a time, said Murphy.

Murphy is no stranger to the stress of the NCO of the year board, he won the Panama NCO of the year for fiscal 1997.

It's great because you can say been there, done that, got the T-shirt. But now I'm up one more.

According to Murphy, the greatest reward from winning the board is the respect he gets from the soldiers under him.

I know my soldiers respect me, but now it really shows. If I ask them or tell them to do something, they don't ask any questions. It's like, Well, if Sergeant Murphy says to do it then it must be right. And they learn by trying to stump me all the time with questions like,

Sergeant Murphy, how much thumbtack is in the incendiary grenade? Which is 14.3 ounces, said Murphy. That lets me know they are cracking a book and studying, too.

They often call me the walking MOS (military occupational specialty) library, because I have four MOSs. I also read a lot and I always have an answer for everything. And I'm usually right, said Murphy with a laugh.

The most difficult process (of competing) trying to find time at this level there isn't much of your own time. After that, cetera. Then after the company gives you but I find the best ends.

Some of the awards the year winner includes a set of Class A's, a coupons and gift certificates. Also in the Association of the in Washington, D.C. ners are recognized and have an opportunity Carson.

However, Murphy time of the event. actions NCO in charge Sergeant Major's NCO of the year and

I'm going to now of winning because will make (the rest) able when I get back

Show me the money



Stamm

by Sgt. 1st Class Terri B. Stamm

10th Combat Support Hospital

Here's a few things I began practicing in order to save a few bucks. In three weeks time, a few bucks has already turned into \$65.

Use those leftovers. They can make a great lunch the next day. Cold meats (chicken, turkey, beef) and pasta can be added to lettuce to make tasty salads. By purposely making more than you would need for one meal, you can freeze the extra in family size or single servings for a ready made meal later in the month.

Get off the phone. Make a calling plan for long distance calls and stick to it (Daddy hears from me twice a month). Shop around for long distance rates and make sure you are not paying for services you don't use (I was paying for call-forwarding which I never used). If you find

you can't get off the phone, budget yourself with a calling card and block your phone from making long distance calls. Once the card is used up, no more calls until next month.

Quit the nickel and dime stuff. Don't break your budget with vending machine and convenience store purchases, it adds up. When you shop, have a list, a calculator and a set amount of money to spend. Buy what's on the list and go home. If you are window shopping leave the credit cards and checkbook at home. If you don't have the money you can't spend it unwisely. And, just because it's on sale doesn't mean you have to buy it. If you didn't need it before the sale, you don't need it now.

Cut your interest rate. Many credit cards are offering low interest rates for balance transfers. If you have more than one credit card, try to consolidate the balances on the lowest interest rate card you can find. Call your own credit card company to see what they will offer. I closed a credit card account with an interest rate of 19 percent and transferred the

balance to a card with 9 percent. Also, ask them to give you a lower credit limit. If you have a balance of \$1,000, ask them to pay off the balance that way. Keep track of them to hundreds of dollars in charges.

Be your own chef. Buy groceries but when you do, make a budget. Plan your meals. When you go to the store, stick to the ingredients. Many stores have full of stuff that's on sale. Remember, baking your own is cheaper than buying them already made.

Take the time to look for real bargains and use coupons. Save up cash. You can save money on charges and can use it for anything.

If you are ever in a pinch, money is going, keep it close.

CID seeks information, offers r

by Joan Ann Johnson
Criminal Investigation Division
Battalion

Fort Carson's Criminal Investigation Division offers rewards as an incentive for citizens to provide information leading to the conviction of a criminal. It is one way to recognize the help that is so important in the fight against crime. In a relatively short period of time, \$10,000 was paid for information that led to the apprehension of two suspects involved in cases being investigated by agents of the 48th Military Police Detachment.

The first reward of \$5,000 was paid for the apprehension and conviction of a subject involved in the arson of Soldiers Memorial Chapel. This individual caused an estimated \$1.71 million in damages to the structure, furnishings and various other property. This same subject also caused an esti-

mated damage of \$6,000 to The Bowling Center.

The second reward, also \$5,000, was paid for the apprehension of a subject who escaped from custody after he was sentenced to 27 years confinement by court-martial for various felony offenses. The escape of this individual, considered armed and dangerous, resulted in an all points bulletin being issued for his apprehension. Acting on a tip from an anonymous caller provided to CID, the subject was apprehended in California by agents of the U.S. Marshal Service. In addition to rewards already described, CID also pays money to people who provide information about fraud or ongoing crimes that have not been discovered or reported.

Currently, the Fort Carson CID office is offering rewards for the identification, apprehension and conviction of the perpetrator(s)

Cases involving

\$25,000 - Murder of Pvt. 1st Class Jason Chafin, Company C, 1st Battalion, 12th Infantry, between Aug. 29 and Sept. 5, 1997.

\$600 - Larceny of electronic and computer equipment from Garcia Physical Fitness Center between 10:15 p.m., Oct. 31, and 9:15 a.m., Nov. 1, 1997.

\$500 - Larceny of two automotive work tables from building 580, Pueblo Army Chemical Depot, between Feb. 19 and Oct. 2, 1997.

\$500 - Larceny of government property (battle dress uniforms, field jackets, fax machine and a microwave oven) from the Alterations Shop, Nov. 24, 1997.

\$500 - Larceny of a Don Stivers numbered print (number

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Dining Schedule

Weekday Dining Facilities

3rd ACR Patton House (building 2161)
43rd ASG Cheyenne MTN Inn (building 1040)
10th Special Forces Group (building 7481)
Butts Army Airfield (building 9612)

Standard Meal Hours

Mon., Tue., Wed. and Fri.	Thurs.
Breakfast 7:30 to 9 a.m.	5:30 to 7 a.m.
Lunch 11:30 a.m. to 1 p.m.	noon to 1:30

Exceptions

10th Special Forces Group meal hours are the same Monday to Friday, but do not apply on Thursdays. No dinner meal served on Fridays.

Butts Army Airfield is open for breakfast and lunch only, Monday through Friday.

Iron Bde. closed Sept. 26 through Oct. 12

Cav House closed through Nov. 2

Mountaineer Inn closed through Nov. 1

Weekend Dining

3rd ACR Patton House (building 2161)
43rd ASG Cheyenne MTN Inn (building 1040)

Standard

Brunch 9 a.m. to 11 a.m.
Supper 3:30 p.m. to 6 p.m.

Family member meal on Saturday and Sunday

Sports & Leisure

Post aerobic-a-thon offers a variety of exercise

by Walt Johnson
Mountaineer staff

The aerobics instructors of Fort Carson will present what coordinator Inez Drill Sergeant Horn promises to be a heart-thumping, blood-pumping, fun-filled, non-stop aerobic marathon workout when the Forrest Fitness Center presents its first aerobic-a-thon, Oct. 3 from 9 a.m. to 2 p.m., at the Post Physical Fitness Center.

Horn said the day is scheduled to be filled with opportunities for anyone interested in learning about or getting a full aerobic workout.

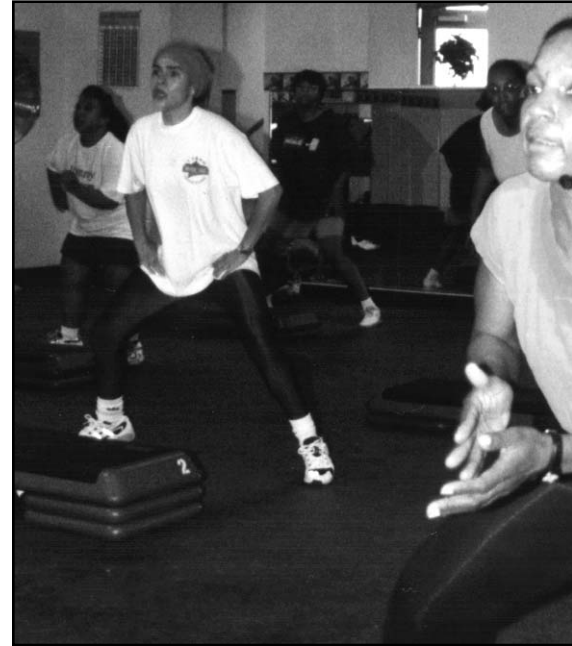
Featured at the aerobic-a-thon will be activities such as funk aerobics, high/low aerobics, intro to

aerobics, four-step and double-step, step for beginners, weights, kick boxing and super step.

Both high and low impact aerobic workouts will be offered. Low impact aerobics programs were developed to reduce stress on the feet and legs, a common area of injury.

She said it will be taught by certified instructors in various specialties with an emphasis on getting people the kind of workout they want and need from an aerobic workout.

Among the instructors participating will be: Christine Ms. Hardbody Schlacter; Sharon Ms. Funk Herself Haines; Jon



Inez Horn leads her Tuesday aerobics class

See Marathon Page 24

Marathon

From Page 23

Fukushima; Elizabeth Work them till they sweat Casciaro; Mary Orange; Horn and guest instructors Davina Overleas and Jill W ayre.

Aerobic exercises are designed to help increase cardiovascular fitness by improving the body's use of oxygen and allowing the heart to work less strenuously.

Since the late 70s, aerobic exercise programs have gained a large following as a means to stay fit and healthy. This popularity has grown into an industry that now produces large numbers of videotapes, books, television programs and classes such as the ones taught at Forrest Fitness Center each weekday. Classes at Forrest are held Monday and Wednesday at 5:30 and 6:30 p.m. Tuesday and Thursday from 4:30 to 5:30 p.m. and 5:30 to 6:30 p.m. and Friday at 5:30 p.m.

Horn said a person's level of physical fitness can be influenced by regular, systematic exercise.

She added that a major benefit to aerobic exercise is moderate activity, which will help people maintain a health level that is usually adequate to handle ordinary stress.

If the fitness level is to be improved, however, it is necessary to participate in more intensive exercise, such as aerobics.

Exercises that demand total body involvement improve and maintain fitness most effectively— aerobics, jogging, running, swimming, vigorous dancing, cycling and brisk walking— are excellent and fall in line with the aerobic-a-thon's mission, Horn said.

Horn said everyone can benefit from an aerobic program, even those people currently involved in organized sports because of what it can offer.

Organized games and sports that have long rest periods play a small role in fitness. We offer programs designed to help people attain fitness and be attentive to problems of cardiac and pulmonary function, she said.

We are excited to be able to bring a program like this to the Fort Carson community because we believe aerobics is a great way to condition the body and more important, have fun while getting a good workout, Horn said.

Sometimes people get the impression that aerobic exercise is tough, but if they come out and take part in the aerobic-a-thon, they will see that while it is challenging, it is also a lot of fun, Horn added.

Typical aerobic exercise programs include about 20 minutes of vigorous, continuous exercise, three to five times per week.

At the aerobic-a-thon there will be many interesting programs to help people get in shape. Horn emphasized the day is not designed for people to try to do everything the marathon will offer.

We want to emphasize to people that we have a large variety of excellent aerobic programs for them to choose from, but by no means do we want people to think they should do every program we offer. We hope people will look at the list of events we have to offer and choose those which will be of benefit to them.

The time and events for the aerobic-a-thon are:

8:30 a.m. to 9 a.m.: doors open for registration;



Jon Fukushima shows his class the first part of a recent class at the Forrest Fitness Center. Below are the instructors at the aerobic-a-thon.

9 a.m. to 9:15 a.m.:	a safety briefing and warm up with Christy;	double
9:15 a.m. to 9:30 a.m.:	high/low impact with Davina;	boxing
9:30 a.m. to 9:50 a.m.:	introduction to kick boxing with Jon;	step w
9:50 a.m. to 10:10 a.m.:	introduction to step with Inez;	funky
10:10 a.m. to 10:30 a.m.:	beginners step with Mary;	water
10:30 a.m. to 10:35 a.m.:	water break;	upper
10:35 a.m. to 10:55:	intermediate step with Sharon;	upper
10:55 a.m. to 11:15 a.m.:	super step with Christy;	Christy
11:15 a.m. to 11:35 a.m.:		upper
		Elizab

Pigskin Picks

College/Pro: Week 4



Margie Corchado
Family Member



Spc. Sandy Bolmer
4th PSB



Walt Johnson
Mountaineer st.

Southern California at Fla. State	Florida State	Southern Cal	Florida State
UCLA at Miami (Fla.)	UCLA	UCLA	UCLA
Michigan State at Michigan	Michigan	Michigan	Michigan
Washington at Nebraska	Nebraska	Nebraska	Nebraska
Army at Rutgers	Army	Army	Rutgers
Kentucky at Florida	Florida	Kentucky	Florida
Air Force at TCU	Air Force	Air Force	Air Force
Purdue at Notre Dame	Notre Dame	Purdue	Notre Dame
Oakland at Dallas	Dallas	Oakland	Oakland
Detroit at Tampa Bay	Tampa Bay	Tampa Bay	Tampa Bay
Cincinnati at Baltimore	Cincinnati	Cincinnati	Baltimore
NY Giants at San Diego	NY Giants	San Diego	San Diego
Seattle at Pittsburgh	Seattle	Pittsburgh	Pittsburgh
Jacksonville at Tennessee	Jacksonville	Jacksonville	Tennessee
Minnesota at Chicago	Minnesota	Chicago	Minnesota
Green Bay at Carolina	Green Bay	Green Bay	Carolina

On the Bench

Three soldiers head to Army chess championship



by Walt Johnson
Mountaineer staff

The article on the 1998 Army Chess championship was written by Harriett Rice USACFSC Public Affairs Officer

Sergeant 1st Class Andres Hortillosa, U.S. Army Medical Department Activity unit, Staff Sgt. Charles Costales and Sgt. Aldo Mendoza will be among the people competing at this year's 1998 Army Chess Championship at Fort Belvoir, Va., today through Thursday.

Specialist Rudy Tia will be back to defend his 1997 title.

Tia, a field artillery cannoneer stationed at Fort Hood, Texas, is rated expert by virtue of his United States Chess Federation Rating of 2171. His toughest opponents out of the 12 soldiers selected for the All-Army championship also hold expert ratings: Hortillosa, (2076). David Hater, also of Fort Hood (2150); and Joseph A. Kruml, Presidio of Monterey, Calif. (2125).

The most important things in chess are planning, strategy and how many moves you think ahead, said Tia, who thinks 15 moves ahead when he is focused. A native of the Philippines, Tia

entered the Army in 1995. Last year was the first time he entered the Army-level chess tournament.

Tia compares chess to battlefield strategy. The pieces have to cooperate with each other the same as soldiers have to cooperate to win a war, he said. If your pieces are not in harmony with each other you lose the game.

This is Hater's fifth trip to the Army championship. He placed second in 1996 and 1997 in addition to winning the privately-run 1997 Armed Forces Chess Championship in Washington, D.C.

Other veterans of the boards returning to challenge Tia in 1998, with their ratings in parentheses, are:

Michael Cerezo, Heidelberg, Germany (1945)

Larry Cox, Vancouver, Washington (1862)

Jeffrey MacAleer, Hanau, Germany (1970)

Charles Costales, Fort Carson, Colo. (1935)

Chris Pitts, Fort Campbell, Ky. (1951)

Virgilio Carter, Aberdeen Proving Ground, Md. (1799)

Jerome Sanford, Fort Drum, N.Y. (1925)

Kruml and Sgt. 1st Class Tancredo Pastores, Pearl Harbor, Hawaii (1791) are two newcomers

to the event this year.

Soldiers are selected to play in the annual chess competition based on their past record of wins and their USCF rating. The championship, an Army Morale, Welfare and Recreation program under the auspices of the U.S. Army Community and Family Support Center, will be held at Sosa Community Center.

Ron Braud, a USCF-certified tournament director will conduct the competition as a USCF-rated event.

The top six winners of the tournament form the Army Chess Team that represents the United States military at the 9th NATO Chess Championship hosted by the British Royal Navy Oct. 5-9 at Portsmouth, Hampshire, England.

Anyone interested in being a part of the Fort Carson post soccer team should attend practice sessions held Tuesday and Thursday at Pershing Field. Anyone interested in trying out for the team needs to simply show up at the field. New players will start on the B team and work their way up to the A team.

The 1998 Fort Carson women's varsity basketball team will begin season action on Oct. 30 at McKibben Physical

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Catch a glimpse
into traveling the
Santa Fe Trail at
historic ...

Bent's Fort

by Nel Lampe
Mountaineer staff



fort along the Arkansas
River in eastern Colorado
existed before Colorado
was even a territory.
Located on the northern
side of the Arkansas,
near La Junta, it was
on United States
property. Across the
river was Mexico.

Brothers
Charles and
William Bent had

gone west from St. Louis in 1829, looking to
make their fortune. They took a load of goods
to Santa Fe which turned out to be very prof-
itable. Not many wagons of goods made it the
775 miles from St. Louis, Mo., all the way to
Santa Fe. The trip took several months by
wagon. The Bent brothers discovered there
was a market for St. Louis goods, and a
chance to trade for furs along the way.

The brothers Bent and a partner, Ceran St
Vrain, established a trading post about
halfway between St. Louis and Santa Fe,
close enough to the Rockies to trade for
beaver pelts from the fur trappers and for buf-
falo hides from the Native Americans. The fort
was the only trading post on that part of the
Santa Fe trail.

Charles Bent moved on to New Mexico
and began trading there, making his home in
Taos. Charles married into a prominent family
in Taos, and eventually was appointed gover-
nor of New Mexico.

William directed the trade at Bent's Fort,
married a member of the Cheyenne Tribe, and



A covered wagon of the type used by traders to
carry trade goods is in front of Bent's Fort.



The courtyard of Bent's Fort was a gathering
place for visitors to the fort.

got along well with the Native Americans. St
Vrain moved on to New Mexico and ran one of
the company's stores there.

The trading fort was built in about three
years with Mexican labor. Because of the
scarcity of trees, adobe was used as the
building material. Bricks using clay, straw,
water and sand were formed then dried. The
adobe held up well in the dry climate of the
Colorado plains.

The original fort was 25,000 square feet
and had walls 14 feet high and nearly three
feet thick. There were 25 rooms on two levels
surrounding the courtyard. There were two
towers and a walkway around the top of the
fort to provide visibility.

Bent's Fort was well known for its hospita-
lity, and since it was the only civilization
between Santa Fe and St. Louis, was a popu-
lar stopping place. The trip from St. Louis to
Bent's Fort was about a two-month trip.
Trappers, guides, Native Americans, traders,
explorers and soldiers stopped at Bent's Fort.



Bent's Fort was reconstructed on the foundation of the 1830s construction. Bent's Fort was the
only civilization between St. Louis and Santa Fe, along the Santa Fe Trail.

Photos by Nel Lampe

Fort Carson's



A pull-out section
for the Fort Carson community
September 25, 1998



Luis Aragon, dressed in period costume of a vaquero, talks about items in the fort's store which would have been available for sale or trade.

Fort

From Page B1

Important peace talks between warring tribes were held in the fort.

Visitors to the fort relished the luxuries available such as coffee and tea, beads, wool blankets, and clear, good water. According to Luis Aragon, an employee at the fort, lemonade with ice was also available. Lemon syrup was stocked at the fort, mixed with the good water from the well, and ice added, which had been harvested in the winter and stored in sawdust to be used in summer. And the fort had a cook, a good cook Charlotte Green. According to Aragon, she was a slave brought along by the Bents. Charlotte's husband Dick served as the fort's blacksmith.

During the early part of the 1800s, settlers were not part of the people using the Santa Fe Trail mostly the travelers were explorers, traders, mountain men, Native Americans, guides such as Kit Carson and other adventurers.

In the late 1840s, the use of beaver pelts for hat making declined, as silk top hats became popular. Fur trading began to dwindle.

After the death of his brother Charles in 1847, William Bent tried without success to sell the fort to the Army. The fort was partially burned in 1849, and William constructed Bent's New Fort, as it was known, 40 miles downriver. It's not known how or why the old fort was burned.

Using drawings made by Lt. James W. Abert, an engineer who stayed at the fort, and a diary written by 18-year-old Susan Magoffin while recovering from an illness there, historians were able to reconstruct the fort. Using similar materials, the reconstructed fort is believed to closely resemble the original. Reconstruction took about two years and was completed in 1976.

The reconstructed Bent's Old Fort is

run by the National Park Service. Well-versed employees in period dress guide visitors through the fort, answering questions and giving the history of the fort and the people who lived or stopped there.

A 20-minute video is shown on request, which gives the history of the fort. A small gift shop sells books about the fort, the surrounding area, the Santa Fe Trail and some western history explorers. Post cards, videos, maps and a few souvenirs round out the inventory.

Bent's Old Fort is open year-round. In summer, the staff is doubled, and guided tours are conducted. Bent's Old Fort is open every day from 8:30 a.m. until 5:30 p.m. Summer entrance fees are \$2 per adult, June 1 through Aug. 31. Children under 17 are admitted free.

From September through May, hours are from 9 a.m. until 4 p.m. Admission is

Just the Facts

Travel time	two hours
For ages	all
Type	historical site
Fun factor	☆☆☆1/2
(Out of 5 stars)	
Wallet damage	= free
(Based on a family of four)	
\$	= Less than \$20
\$\$	= \$21 to \$40
\$\$\$	= \$41 to \$75
\$\$\$\$	= \$76+

free in the off season. The fort is closed on Thanksgiving, Christmas and New Year's Day.

Bent's Old Fort is located about 100 miles from Fort Carson, near La Junta, Colo. Take Highway 115 to Pueblo, taking Highway 50 east, exit 100A. At La Junta, take Colorado 194 the eight miles to the historic site. Signs in La Junta mark the way.

It can get very hot on the Colorado plains during the middle of the day in summer or fall. Perhaps start early and finish the visit before it's too warm. Plan a couple of hours' visit. There's a paved parking lot near the entrance, but an extended walk from the entrance to the fort at least a half-mile. Bring strollers along if needed.

Nearby La Junta is a small town, and many local restaurants are closed on Sundays, but several fast food outlets are available. There are two nice parks with picnic tables, barbecue grills and playgrounds.

While in La Junta, you may want to visit the Koshare Indian Museum, located on the campus of Otero Junior College. Follow the signs off Highway 50, take Colorado Avenue (south) to 18th Street, and go one block west.

The Koshare Museum is home to Boy



Photos by Nel Lampe

Reconstruction of Bent's Fort replicates construction methods used in the 1830s, including timber and adobe.

Community Events ACS

The Family Member Employment Assistance Program offers a Standard Form 171 and Optional Form 612 workshop Oct. 7 and Oct. 21 from 1 to 3 p.m.

These forms are basic federal employment applications. The workshop provides insight into completing applications and general hints about the most effective ways to describe professional experience.

To register or for more information, call 526-0452.

The Family Member Employment Assistance Program holds resume workshops Wednesday and Oct. 4 from 1 to 3 p.m.

The workshops include a variety of resume styles. For registration and information, call 526-0452.

An Army Family Team Building Level III class is set for today from 8:30 a.m. to 4 p.m. at the El Pomar Center, and a Level I class is scheduled for Oct. 2 from 8 a.m. to 4 p.m. at the Army Community Service conference room.

Facilitator training is Tuesday at the ACS conference room. Child care and lunch are provided. To register, call 524-2382.

The ACS Loan Closet is in need of cookware and various items due to the approaching holiday season.

Items needed are: cookie sheets, large baking pans, large casserole dishes, roasting pans, mixing bowls, muffin pans, measuring cups, serving platters, potato mashers and turkey basters. All donations are greatly appreciated and help to better serve families relocating to Fort Carson.

Youth

There are two drop-off points: The Welcome Center, building 1218 and ACS, building 1526. For more information, call 526-0349.

The Fort Carson Child and Youth Services School of the Arts Program holds tryouts for the play Addict Tuesday from 6 to 8 p.m.

Miscellaneous

Auditions take place at McMahon Theater. Those who want to audition should arrive on time and plan to stay the full two hours.

For more information, call 526-3677.

Construction to Gate 1, Nelson Boulevard and Highway 115 is ongoing and should be completed in October.

Gate 1 is closed and traffic is detoured to Gate 2, O Connell Boulevard, at Highway 115 for six weeks.

The 1998 Combined Federal Campaign kicks off today with an agency fair at Elkhorn Conference Center.

The program ceremonies run from 8:45

“Clip this ad to get in free”

The Missoula Children's Theatre presents The Fisherman and His Wife Saturday at 3 and 7 p.m.

The production is at McMahon Theater, building 1517. Admission for the show is \$2 for adults and \$1 for children under the age of 12.

Present this ad at the door and a child under 12 gets in free with one paying adult. For more information, call 526-3677.

to 10 a.m. with the agency fair from 10 a.m. to 1 p.m. Food and beverages will be served. Everyone is welcomed.

The 4th Personnel Service Battalion, ID card/DEERS section will begin new operating hours Oct. 13.

Hours will be Monday, Tuesday, Wednesday and Friday from 7:30 a.m. to 4 p.m. and Thursday 8 a.m. to 2:30 p.m.

For more information, call 526-8422/8423.

The housing recycling pick-up will now be collected every two weeks instead of weekly.

The three items to be recycled are paper, aluminum cans and plastic containers. Recyclables will still be collected the same day as regular trash pick-up. Place recycle bins next to trash cans. For more information, call 526-7574.

Annual leave donors are needed for James Hardy, an employee of the Fort Carson Fire Department.

He needs annual leave donations to help cover his absences due to the exhaustion of his available paid leave.

For information, call Sharon Gayle at 526-1695.

The Fort Carson American Red Cross is looking for an after hours worker.

Duties include providing emergency services such as emergency communications, financial assistance, and referrals to military service members and their families.

Applications are available Monday through Friday from 8 a.m. to 4:15 p.m. at building 1641. For more information, call 526-2311.

Mayors are still needed for Cheyenne and Arapahoe villages.

Mayors are responsible for planning village events, attending meetings, etc. Those interested should contact Nancy Montville at 526-4590.

The Fort Carson Warrant Officers Association, Silver Chapter is collecting General Mills box tops to raise cash for Fort Carson schools.

There are drop boxes at the commissary, post exchange and all Fort Carson schools throughout the year.

For more information, call 526-8593 or 526-2922.

The Real Property and Space Management inspector at the Directorate of Public Works has changed phone numbers.

The new telephone number and point of contact are Francisco Colon at 526-9249.

For more information, call 526-9252 or 526-9256.

The Army Career and Alumni Program

hosts a seasonal job search Oct. 14 from 10 a.m. to 2 p.m.

The positions are for temporary part-time jobs at the Army and Air Force Exchange Service.

Spouses and family members are welcome. The event takes place at building 1118, room 182. For more information, call 526-1002.

Harmony in Motion, a vocal group which provides patriotic music for ceremonies, practices Tuesdays at 5:30 p.m. and Thursdays at 1 p.m. at Provider Chapel.

Singers are needed. Contact Staff Sgt. Marquis Williams at 526-6581 or 637-9208.

The Mercedes-Benz Club, Pikes Peak Section, presents the Best of Germany Benefit Car Show Sunday from 10 a.m. to 4 p.m. at Stratton Preserve.

Cost is \$5 per person and children under 12 get in free. For more information, call 380-0451.

Colorado Springs School District 11 will have early release today, Oct. 2 and 16 and Nov. 6 and 20.

Students will be released three hours early for building repairs.

The Community Partnership for Child Development is looking for volunteers to help with a one-day project Oct. 3.

Volunteers will help stain a deck at the new CPCD Early Head Start modular at Pikes Peak Elementary. For more information, call 635-1536 ext. 233.

The Clean Air Campaign of the Pikes Peak region is presenting the Ridefinders school pool.

The program is designed to take the worry away from dealing with school drop-off and pick-up zone congestion. For more information, call 471-7665.

Colorado Springs official show choir, the Songspinners, is accepting qualified, interested people for its holiday performance season.

Those interested should contact Master Sgt. Patrick Durr at 526-1312 or 282-3807.

The Fountain Valley Senior Center is holding a Fall Arts and Crafts Bazaar and Raffle Oct. 3 from 9 a.m. to 3 p.m.

There will also be home-made chili and home-made baked goods. For more information, call 520-6470.

The National Association of Black Military Women is holding the 11th Biennial Reunion and celebration Oct. 1 through 4 in Atlanta.

Women of all services: Army, Navy, Air



“Better Opportunities for Single Soldiers”

The BOSS program holds town hall meetings every quarter at McMahon Theater from 1 to 3 p.m. Single service members interested in joining BOSS are invited to attend meetings every second and fourth Thursday of the month.

BOSS is open to all ranks, single parents and single Air Force personnel working at Fort Carson.

For more information, call Spc. Mindy Dougherty at 524-BOSS.

Military Briefs

The Fort Carson Hail and Farewell is today from 3:30 to 5:30 p.m at the Elkhorn Conference Center. Directorates/units that would like to recognize a particular individual must submit names of the individuals, sections they work in and the name of the person that is going to present the hail or farewell.

For more information, call Larry J. Ioth at 526-9058.

First Squadron, 3rd Armored Cavalry Regiment is using the Nuclear, Biological and Chemical Chamber Tuesday and Oct. 2 and 16. For more information, call 526-9663.

Sand Canyon Road is closed for construction until Wednesday. Units traveling downrange must use alternate routes.

The 4th Personnel Services Battalion ID Card/DEERS section is closed Oct. 5 to 7 for training and installation of new RAPIDS equipment. The section is tentatively set to reopen Oct. 8 at 7:30 a.m. Closure also affects Peterson Air Force Base, U.S. Army Space Command and the Navy Reserve Center.

For more information, call 526-8420.

The Fort Carson Fire and Emergency Services Wildlife Suppression Division starts its fall fire program in October. The program is designed to reduce the possibility of an uncontrolled wildfire escaping the boundaries of Fort Carson. The fire department will accomplish this through controlled burning. Burning will occur on both large and small impact areas.

The Directorate of Logistics has

announced the following Fiscal Year 1999 class schedules:

Rocklift Safety Training, Oct. 6, 13, 14, 27 and 28; Dec. 8; Jan. 6; Feb. 9; and May 25.

Driver Examiner Course, Oct. 19, Nov. 30, March 8, April 5, May 10, June 7 and Aug. 16.

Bus Driver Course, Nov. 2 and 16; Jan. 25; Feb. 1 and 22; March 1, 15, 22 and 29; April 12, 19 and 26; May 3 and 17; June 14 and 21; July 12, 19 and 26; Aug. 2, 9 and 23; and Sept. 13, 20 and 27.

See your unit training noncommissioned officer to schedule classes with Individual Military Training.

All file areas are to submit their list of file numbers for approval by Nov. 3. LFNs must be submitted on Forces Command Form 350-R, List of File Numbers, dated Oct. 1, 1989 to the Directorate of Installation Management, management services branch, records management.

For more information, call 526-2107.

Effective Dec. 1, American Express will no longer be the government travel card contractor. All Government American Express Cards expire Nov. 29, and they will no longer be available for travel use. Cards should be cut up and thrown away. NationsBank Visa is the new government travel card.

Halon 1301 fire extinguishers are routinely accepted for turn-in at the Directorate of Logistics Inspection and Classification Branch, building 229. Due to the hazards associated with the pressurized chemical, special packaging and safeguarding procedures have been established. Recently, one of these cylinders was turned in not in accordance with required packaging and safeguarding procedures. The cylinder was covered with plastic that was not visible, not secured and the cylinder released its very powerful blast while being handled by an employee. The

blast was opposite the employee's direction and serious injury was avoided. Customers and units are reminded that these procedures are to be followed at all times, and noncompliance will result in delays of property turn-in. For more information, call 526-5984.

The 104th Division (Institutional Training), a Reserve division headquartered in Vancouver, Wash., has openings for Reserve drill sergeants in Washington, Oregon and California and openings for Reserve instructors in a variety of military occupational specialties throughout the 12 western states. The 104th Div. will train soldiers to become drill sergeants or instructor qualified. Soldiers leaving active duty who wish to continue their military careers part-time are encouraged to inquire. Interested soldiers should contact the Division Retention Office at (800) 517-8379 ext. 4182, 4183 or 4184.

Applications are now being accepted for the Judge Advocate General's Funded Legal Education Program. This program allows the selection of 15 Army officers to attend law school at government expense while on active duty. Candidates must have at least two, but no more than six years of active duty at the time law school commences.

Eligible officers interested in applying should register for the fall Law School Admission Test. Applications must be sent

The Fort Carson Criminal Investigation Command has begun full operation of its Fraud, Waste and Abuse Hotline. The hotline allows members of the community to report incidents of suspected fraud, waste and abuse.

To report suspected cases of fraud against the government, call the hotline at 524-1120. Callers can remain anonymous and all information is confidential. Callers must, however, leave enough information about the incident for a follow-up investigation.

Sports & Leisure Athletics

The Falcon Wanderers Volksmarch Club of Colorado Springs sponsor a 5 km (3.1 miles) and 10 km (6.2 miles) volksmarch (non-competitive walking) event Saturday.

The start/finish location for the volksmarch is the Colorado Springs Police Operations Center, Rio Grande and south Nevada Avenue. Participants may start this event any time between 8 a.m. and noon.

This event is free and open to the public. All walk participants under the age of 12 must be accompanied by an adult and pets must be leashed. Strollers and wheelchairs can complete both courses, but may encounter some degree of difficulty.

For more information, call Curt Converse at 591-8193.

The Fort Carson Sports Division will send three teams to run in the annual Army 10-mile race.

The post will send three six-person teams — men's open, women's open and men's masters — to Washington, D.C. Oct. 11 to help the post defend the Commander's Cup trophy won last year.

The men's open team will consist of Sammy Ngatia, Perez Noe, Joseph Shrigley, Simon Oswald,

Craig Webb, Ron Dean, Mike Berke, Tim Johnson, Thelmar Wilson, Lavon Shelton and Keith Wheeler.

The women's open team will consist of Jane Schillaci, Sara Knight, Lilia Easter, Brigitte Netteshelm, Taynee Teetor and Carolyn Martus.

The men's masters team will consist of Michael Barnes, Tim Carlsson, N.L. Murphy, Michael Tarvin, Bill Phifer and Tim Dotson.

The team is now practicing for the event at the Forrest Fitness Center running track Monday, Tuesday, Wednesday and Friday from 6 to 9 a.m. The point of contact is Lavon Shelton at 526-3974.

The Fort Carson Outdoor Recreation Center offers an introduction to fly fishing class Saturday. The eight-hour course is designed to teach fishermen the basics of fly fishing and is taught by professional instructors.

The class is divided into two four-hour blocks of instruction. The first four hours are in the classroom and the second four hours are on the Platte River. Equipment and transportation are provided, however, individuals must provide their own Colorado Fishing License.

The cost for the class is \$55 per person.

A 25 "mile high" tour, great for beginners, is offered by the Fort Carson Outdoor Recreation Center Saturday. The ride starts at an elevation of more than 11,000 feet and goes deep into the mountains of the Pikes Peak region. The day consists of 90 percent downhill exploration through single track trails, historic mining roads and railroad tunnels built in the 1800s. The 25 "mile high" tour is guaranteed to provide an unequalled mountain biking experience for individuals of any physical con-

ditioning.

From the drop-off point, the group receives a course in basic mountain biking skills. The group then rides 25 miles back to Colorado Springs, descending almost 5,000 feet.

Outdoor recreation provides transportation, food and equipment. Bikers should dress for current weather conditions. The cost is \$20 per person with \$5 off for bringing your own bike.

The Outdoor Recreation Center offers a wall climbing certification course from Oct. 8 through 28 at the Fort Carson Recreation Complex.

The climbing wall looks and feels like natural rock in every detail. It is a mold from a climb in Yosemite National Park and is 19 feet wide and 30 feet high.

The three-hour class gives instruction on policy and procedures for wall climbing. The certification is good for one year.

Outdoor recreation provides all equipment. The cost for the class is \$9 per person with a two-person minimum. For more information, call 526-2083.

Forrest Fitness Center sponsors its quarterly racquetball tournament Nov. 19 to 21. The tournament is open to the Colorado Springs military community, active duty and family members over 16, retirees and Department of Defense civilians. The double elimination tournament has no entry fee. Categories are Men A/B/C, Women and Mixed Doubles. There are awards for first and second places.

For more information, call Bill Reed at 526-2706.

Chile Fest

The chiles are being harvested and Puebloans celebrate with a Chile and Frijole Festival Saturday and Sunday. The aroma of roasting chiles will get your taste buds going as refreshment booths sell Mexican foods, soft drinks and Pueblo Chiles. Free tastes of chiles are available. Hispanic dancers and entertainment are scheduled during the fest. The fest is at Union Avenue and 1st Street. Hours are 10 a.m. until 6 p.m. and admission is free. During the fest, sights, sounds and foods of an 1840s Spanish American frontier market are presented at the nearby El Pueblo Museum, including crafts of that period. A street dance kicks off the festival tonight at 8 p.m. and admission is \$5.

Da Vinci Quartet

The Da Vinci Quartet opens its season concert series at the Fine Arts Center Music Room at 30 west Dale St. The Da Vinci Quartet performs Haydn, Bliss and Brahms Sept. 26. Tickets are \$15 per concert for adults, and \$12 for students and seniors. A season ticket is \$60 for adults and \$45 for students, which includes all five concerts. Call 634-5581 for ticket information.

Opening concert

The Pueblo Symphony at the University of Southern Colorado opens their concert season Sunday with the Grammy-nominated bluegrass band Special Consensus. The Boots and Blue Jeans performance features bluegrass, instrumentals, western swing and yodeling. The concert is in Hoag Hall on the USC campus at 7:30 p.m. The USC campus is located on the north end of Pueblo just off I-25 following the signs.

Get Out!

Follow the signs. For more information, call 549-2385.

Aspen tours

Remember the free four-wheel drive tours around Cripple Creek will continue this weekend.

Free tours are given between 9 a.m. and 4 p.m. Saturday and Sunday, starting from City Park on the main street of Cripple Creek Bennett Avenue. Tours continue Oct. 3 and 4.

Winter recreation expo

The Colorado Snowmobile Association presents the 13th annual Rocky Mountain Snowmobile Winter Recreation Expo Oct. 10 and 11, at the National Western Complex in Denver. Hours are from 10 a.m. to 8 p.m. Oct.



Photo by Nel Lampe

More than 400 balloons are launched in the mass ascension at the Albuquerque fiesta.

10, and from 10 a.m. to 5 p.m. Oct. 11. More than 100 exhibits include clothing, recreational vehicles, winter resorts and a swap meet. Admission is \$5 at the door for everyone over 12 years old. The location is at I-70 at the Brighton Boulevard exit.

Oktoberfest '98

Penrose stadium is the place Oct. 2 to Oct. 4 from 4 p.m. to midnight Oct. 2 and 3rd, and from 3 p.m. to 9 p.m. Oct. 4, for live oompah music. Also included are bratwursts, schnitzel sandwiches, German-style giant pretzels, pastries, strudel and tortes. Did we mention the beer? Daily admission for Oktoberfest is \$5 at the gate, or \$4 for tickets purchased at Information Tour and Travel. Anyone older than 20 needs a ticket. Free tickets are also being given away at Neon Sports Saloon, FATZ Pool and Darts, Decades Niteclub, the Bowling Center and the ITT office.

More Oktoberfest

Coloradofest at Royal Gorge Bridge in Canon City, including German music, food and dancing, is Saturday and Sunday and Oct. 3 and 4. Bridge admission during Coloradofest is half-price \$6 for adults and \$4.50 for children ages 4 to 11. All attractions at the park are available during the fest.

Musical

Tickets are on sale for My Fair Lady at the Fine Arts Center, 30 west Dale St., 634-5583. Performances are Fridays and Saturdays at 8 p.m., and Sundays at 2 p.m. Tickets are \$18 in advance or \$20 at the door. Season tickets for four shows are \$65, and include My Fair Lady, Forever Plaid, and The Unsinkable Molly Brown.

W orth Hearing

Ratings:
★★★★★
5 = a must buy
4 = pitch in with a friend
3 = see if a friend bought it
2 = wait for radio release

Artist: Heather Nova
Title: Siren
Label: Work/Sony
Tracks: 14
Time: 51:00
Rating: ★★★★★1/2
by Mark Simon
Mountaineer columnist

When you first see the cover of Heather Nova's latest release, all you see is a waif-like photo of her, along with her name and the title, Siren. There is little indication that this girl has such a big voice, both literally and figuratively. Siren is a collection of music about love, sex and romance.

Coming off the success of her first U.S. release, Oyster, Nova took time to travel back to her native Bermuda to write the songs that eventually became Siren. Because of the isolation she enjoyed while on the island, each of the songs seems to have an introspective feel. Even the upbeat I'm The Girl is a reflection of Heather's self. It's a song about womanhood and

shared feelings of every woman of the past and present. The first single from Siren, London Rain, is a song of recharging. It's about coming off the road to someone, or something, that just makes you feel glad to be there. Because it was written at home, it feels like it was written not about someone, but just about being home after Nova's life on the road for more than 300 shows.

The most powerful song on Siren, at least to me, is Winterblue. The dark tune and orchestration belies the fact that this is a love song. Again, going back to when and where the song was written, at the beach in the winter, the energy comes from the season and the place. If you've ever walked on a winter beach with someone you love passionately, you will understand the power of the music in Winterblue.

Heather Nova's voice is easy to listen to, not unlike that of Natalie Merchant or Paula Cole. She has a range that goes from flirty to flighty and back again in the same song. The most powerful part of Siren, though, is her literary voice. Each of the 14 tracks has a story to tell.